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# homemakers' chat

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U. S. DEPARTMENT  
OF AGRICULTURE

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WEDNESDAY, June 17, 1942

SUBJECT: "FOODS IN PLENTIFUL SUPPLY." Information from the Agricultural Marketing Administration of the U. S. Department of Agriculture.

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U. S. Department of Agriculture

These are the longest days of the year -- which means that summer is with us. But long days aren't the only indication of summer. Summer usually brings plenty of the fresh foods from the farm that at any other time of the year are out and out luxuries. I'm thinking of such foods as sweet corn, watermelon and tomatoes. So, let's talk about some of the foods coming our way in great plenty during the next few weeks.

First of all, many garden crops are plentiful now -- and will be for some time. Products from these gardens are usually cheaper and of better quality -- simply because the products are fresh from nearby gardens. And, of course, when these market garden products appear, it's a signal for homemakers to get down the jars, and prepare to put up some of these foods for future use.

According to the U. S. Department of Agriculture Marketing administration, peaches are commencing to reach the market. -- they'll hit their peak early in July. Keep in mind that in all slang phraseology, there's no greater praise than to rate someone a "peach". That shows how highly we regard the peach. So, don't let the peach season slip by without some peach pie. -- perhaps a delectable cobbler. And don't forget to give the peaches a chance to speak for themselves next winter in the form of a breakfast fruit, peach butter, or put-up peaches. Special sugar is allowed for canning fruit, but the Bureau of Home Economics urges you to stretch your ration of canning sugar to the limit.

About the first of July, watermelons will hit our markets full force. Ever since the time of the Pilgrims watermelons have been an annual "treat" of America.



Nowadays, the first ones come from Florida, Georgia, then Texas and Alabama. The later ones from further North.

Cantaloupe? ..... Yes we'll have some cantaloupes this year -- but not as many as usual. That's because of a much smaller cantaloupe crop in the California Imperial Valley this year.

We always like to talk about tomatoes .....vegetable or fruit -- this is one food that has everything -- color, flavor, and texture. The tomatoes you get in June, and the first of July come mostly from Texas, Mississippi, and Tennessee -- and in the East, from the states along the Eastern seaboard. Then in July, tomato shipments from these commercial areas fall off -- simply because home-grown, or market garden tomatoes take over the market. We are told that tomatoes from Southern truck farms will be very plentiful during the last of June and in July.

And here's another reason why we like summer so well -- corn on the cob. Sweet corn usually comes along about time to help us celebrate the Fourth of July. Most of the sweet corn supplies are grown locally, which means sweet corn comes to us fresh. The market men say when you buy sweet corn, pay attention to the husks. Be sure they're fresh and green -- then peel the husks back, and take a peek at the ear. It should be well-filled with plump milky kernels.

In your market you're probably finding lots of peas, beans, cabbage, and all kinds of greens. -- Most of them are from your local market gardeners.

You'll notice, too, June is the first of the cherry months, and cherries will get a good share of our attention in the next few weeks. The first cherries are the solid meated, sweet cherries. Most of them come from California, Oregon, and Utah. And in sweet cherries nature has created natural dessert -- to eat fresh out of the hand. And when you shop for cherries, don't be afraid to do a little sleuthing. Your first glance will tell you whether or not the cherries are bright and fresh-looking. But I think it's a good idea to investigate a little more. Make sure the



cherries are plump and juicy -- but firm. Cherries that are picked too soon are apt to be shriveled and very sour. Soft, over-ripe cherries are just as bad. But, sour cherries have their place -- just as important a place as sweet cherries. -- Of course I'm talking about the sour variety. Sour cherries are ideal for pies. Enough said.

And in a few weeks -- sometime in July -- you'll begin to find grapes in your stores. The small yellow, Thompson seedless at first. -- Followed by "Concords" -- swell for grape juice and jelly.

Turning from fruits and vegetables to poultry -- supplies of broilers and fryers should be plentiful the rest of the summer. You see, our poultry farmers are trying to produce all the eggs they can for Lend-Lease shipment abroad, and for our fighting forces, as well as for us civilians. But in hatching chicks for pullets to lay eggs, farmers naturally get a lot of young cockerels, too. These young cockerels make ideal eating. That explains why broilers and fryers are especially abundant this year. Broilers are the young birds. They usually weigh about two and a half pounds and are very tender. Fryers can weigh as much as four pounds.

So, those are the foods to watch during the next few weeks. Marketing administration officials suggest the smart thing is to take advantage of these foods as they appear on the market.

